



Western Meals on Wheels: No red meat Hot Meals

Western Meals on Wheels options change on a 4-week rotation. 5 Sandwich pack options, available in addition to a regular meal order, are listed at the bottom of the menu. Tuesday and Friday options are vegetarian; frozen vegetarian entrees are also available.

2021			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W	Jan 18-Jan 22	Aug 2-Aug 6	<i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables <i>Cookie</i>	<i>Carrot Soup</i> Three Cheese Tortellini Vegetables <i>Macaroon Bite</i>	<i>Cream of Tomato</i> Perogies and Turkey Sausages Sauerkraut <i>Fresh Orange</i>	<i>Seafood Chowder</i> Battered Fish Rice Vegetables <i>Brownie</i>	<i>Corn Chowder</i> Vegetable Stew Mashed Potatoes Vegetables <i>Date Square</i>
E	Feb 15-Feb 19	Aug 30-Sep 3					
E	Mar 15-Mar 19	Sep 27-Oct 1					
K	Apr 12-Apr 16	Oct 25-Oct 29					
1	May 10-May 14	Nov 22-Nov 26					
	Jun 7-Jun 11	Dec 20-Dec 24					
	Jul 5-Jul 9						
W	Jan 25-Jan 29	Aug 9-Aug 13	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Vegetable Barley Soup</i> Quiche Florentine Vegetables <i>Oatmeal Raisin Cookie</i>	<i>Chicken Vegetable Soup</i> Butter Chicken Fried Rice Vegetables <i>Cheesecake</i>	<i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables <i>Cinnamon Crunchie</i>	<i>Vegetable Soup</i> Pasta Marinara Vegetables <i>Apple Crumble</i>
E	Feb 22-Feb 26	Sep 6-Sep 10					
E	Mar 22-Mar 26	Oct 4-Oct 8					
K	Apr 19-Apr 23	Nov 1-Nov 5					
2	May 17-May 21	Nov 29-Dec 3					
	Jun 14-Jun 18	Dec 27-Dec 31					
	Jul 12-Jul 16						
W	Jan 4-Jan 8	Jul 19-Jul 23	<i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> Vegetable Stir-Fry Rice <i>Apple</i>	<i>Cream of Broccoli</i> BBQ Chicken Mixed Rice and Peas Vegetables <i>Muffin</i>	<i>Clam Chowder</i> Salmon Patty Pasta Vegetables <i>Mini Donuts</i>	<i>Cream of Potato</i> Veggie Burrito Potatoes Vegetables <i>Coconut Cake</i>
E	Feb 1-Feb 5	Aug 16-Aug 20					
E	Mar 1-Mar 5	Sep 13-Sep 17					
K	Mar 29-Apr 2	Oct 11-Oct 15					
3	Apr 26-Apr 30	Nov 8-Nov 12					
	May 24-May 28	Dec 6-Dec 10					
	Jun 21-Jun 25						
W	Jan 11-Jan 15	Jul 26-Jul 30	<i>Mulligatawny</i> Chicken Cacciatore Noodles Vegetables <i>Brownie</i>	<i>Roasted Eggplant Soup</i> Vegetarian Chow Mein Fried Rice <i>Banana Loaf</i>	<i>Chicken Noodle Soup</i> Roast Turkey Mashed Potatoes Vegetables <i>Butterscotch Pudding</i>	<i>Navy Bean Soup</i> Seafood Casserole Rice Vegetables <i>Peach and Pear Halves</i>	<i>Mushroom Soup</i> Vegetable Tower Tomato Sauce Vegetables <i>Cheesecake</i>
E	Feb 8-Feb 12	Aug 23-Aug 27					
E	Mar 8-Mar 12	Sep 20-Sep 24					
K	Apr 5-Apr 9	Oct 18-Oct 22					
4	May 3-May 7	Nov 15-Nov 19					
	May 31-Jun 4	Dec 13-Dec 17					
	Jun 28-Jul 2						
Sandwich Packs			Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit